

# INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 - IndianValleyFamilyYMCA.org

\* asterisk Indicates a class you must sign up for



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SPRING I  
SCHEDULE

2/17-4/5

GROUP EXERCISE STUDIO

CYCLE ROOM

## MONDAY

**POWER HOUR** - Kate  
5:15-6:15am

**SILVER SNEAKERS\***  
Mo  
8:00-8:45am

**ZUMBA STEP** - Maria  
9:15-10:00am

**SILVER SNEAKERS\***  
Glorimar  
11:15-12:00pm

**TAI CHI FORM** - Lucky  
12:15-1:15pm

**PICKLEBALL** - Sean  
(Vernon)  
1:00-3:00pm

**POWER CIRCUIT** -  
Jesse/Sean  
5:00-5:45pm

**STT** - Glorimar  
5:50-6:50pm

**YOGA** - Lori/Glorimar  
7:00-8:00pm

**GROUP CYCLE** -  
Frederick  
5:15-6:00am

**SILVER SNEAKERS BOOM  
MOVE\***  
Mo/Vicki  
11:15-12:00pm

**TRX** - Jesse  
7:30-8:30pm

## TUESDAY

**STT** - Heidi  
5:15-6:15am

**HEAVY BAG** - Jesse  
8:45-9:30am

**GENTLE YOGA\*** - Sarita  
10:00-11:00am

**SILVER SNEAKERS\***  
Mo  
11:15-12:00pm

**BEGINNER BOXING**  
Ginny  
12:15-1:00pm

**BALLET FIT** - Char  
1:30-2:15pm

**JUJITSU** - Master Paul  
5:30-6:30pm

**ZUMBA TONING** -  
Rodolfo  
6:30-7:30pm

**GROUP CYCLE** - Kendra  
9:00-9:45am

**BEGINNER YOGA** - Sarita  
11:15am-12:15pm

**ADAPTIVE YOGA**  
12:30-1:15pm

**GROUP CYCLE** - Lisa  
6:00-6:45pm

**KARATE**  
Master Paul  
7:00-8:00pm

## WEDNESDAY

**SILVER SNEAKERS\***  
Mo  
8:00-8:45am

**PILATES** - Lisa  
9:00-9:45am

**POWER HOUR** - Jesse  
10:00-11:00am

**SILVER SNEAKERS\***  
Vicki  
11:15-12:00pm

**TAI CHI FORM** - Lucky  
12:15-1:15pm

**HIIT** - Ginny/Sarah  
5:00-5:45pm

**ZUMBA** - Rodolfo  
6:00-7:00pm

**STT** - Rodolfo  
7:15-8:15pm

**GROUP CYCLE** -  
Frederick  
5:15-6:00am

**CYCLE & SCULPT** - Kendra  
9:00-9:45am

**BETTER BALANCE**  
10:30-11:30am

## THURSDAY

**STT** - Heidi  
5:15-6:15am

**SILVER SNEAKERS\***  
Mo  
8:00-8:45am

**HIIT** - Kristin  
9:00-9:50am

**GENTLE YOGA\*** - Lori  
10:00-11:00am

**CHAIR YOGA\*** - Lori  
11:15-12:00pm

**LINE DANCING** - Vicki  
12:15-1:15pm

**PICKLEBALL** - Sean  
(Vernon)  
1:00-3:00pm

**TAI CHI QIGONG** - Erin  
4:15-5:15pm

**JUJITSU** - Master Paul  
5:30-6:30pm

**GENTLE/YIN YOGA**  
Linda  
7:00-8:00pm

**GROUP CYCLE** - Kendra  
9:00-9:45am

**GROUP CYCLE** - Lisa  
6:00-6:45pm

**KARATE**  
Master Paul  
7:00-8:00pm

## FRIDAY

**BOOTCAMP** - Jesse  
8:00-8:45am

**POWER YOGA** - Sarah B.  
9:00-10:00am

**SILVER SNEAKERS\***  
Mo/Vicki  
11:15-12:00pm

**GROUP CYCLE** -  
Marshall/Emily  
5:15-6:00am

## SATURDAY

**STT** - Heidi  
7:10-8:10am

**STEP** - Tracy  
8:15-9:00am

**ZUMBA** - Maria/Laura  
9:10-9:55am

**ALL LEVELS YOGA** - Sarita  
10:10-11:10am

**EATING WELL** -  
1st WEEK OF THE MONTH  
8:15-9:00am  
Heidi

**ZUMBA\*** - Tressa  
8:00-9:00am

**BOOTCAMP** - Lisa/  
Kristin  
9:30-10:30am

**YOGA** - Indora  
11:00-12:00pm

**YOGA NIDRA** - Linda  
4:30-5:30pm

**GROUP CYCLE** -  
Laura K.  
8:15-9:00am

**GROUP CYCLE** - Heidi  
9:30-10:15pm

**GROUP CYCLE\*** - Andrea  
9:00-10:00am

**TRX** - Jesse  
10:30-11:30am

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## GROUP EXERCISE SCHEDULE



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SPRING I  
SCHEDULE 2/17-4/5

### CLASS DESCRIPTIONS

**BEGINNER BOXING**—Traditional boxing movements that will enhance stamina, agility and cardiovascular fitness through a fun and challenging circuit.

**BEGINNER YOGA** - Students will be introduced to the fundamental principles of basic posture alignment and breath- work.

**BOOTCAMP** - This high-energy program includes an intense cardiovascular workout and strength training drills- develops strength, stamina and agility. (I, A)

**BALLET FIT** -Ballet training meets Pilates. A mix of upper and lower body moves to strengthen and tone. Begin standing utilizing a chair as your barre and end the class on your mat for core work and stretching. (B, I, A)

**CYCLE & SCULPT**— Get your cardio and strength workout in one! Class is on and off the bike! (I, A)

**GENTLE YOGA** - Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition. (B, I, A)

**GROUP CYCLE** - A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride. (I, A)

**HEAVY BAG** - A kickboxing style class that combines punching, kicking and body weight strength training for a full body workout. Gloves are strongly recommended. (I, A)

**HIIT**— High Intensity Interval Training (B, I, A)

**LINE DANCING** - Learn how to line dance! A step by step guide to the tune of some great music. (B, I, A)

**PILATES** - Learn the subtleties of proper core engagement and be challenged to hold this engagement building your endurance. You will get stronger while pesky aches and pains diminish. (B, I, A)

**POWER CIRCUIT**— Combo of bootcamp/hiit style class with stations targeting specific muscle groups. (I, A)

**POWER HOUR** - An intense hour mixed with drills and strength training that will push you to your limit! (I, A)

**POWER YOGA** - Delivers a physical yoga practice as a tool of transformation, encouraging you to reclaim your full potential, discover creativity, awaken passion, and create authenticity, confidence and new possibilities. (B, I, A)

**SILVER SNEAKERS BOOM MOVE**— A dance workout class that improves cardio endurance and burns calories. (B, I, A)

**SILVER SNEAKERS** - Help participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs. (B)

**SILVER SNEAKERS CHAIR YOGA**— Utilize breath techniques, mantra and mudra to center your energy and quiet your thoughts. Connecting breath with gentle movements and stretching to build strength, increase flexibility and balance.

**STT** - Strength Train Together is a cardio-based strength training program that targets each major muscle group. It's a great way to build cardiovascular strength, improve bone density and tone lean muscle mass. (B, I, A)

**TAI CHI FORM** - (Chi Kung) Ancient Chinese exercise system that uses slow, smooth body movements described as "mediation in motion." Tai Chi will help improve balance, enhance strength and flexibility, reduce stress, lower blood pressure, and ease chronic pain. (B, I, A)

**TAI CHI QIGONG**- Tai Chi QiGong uses visualization, breathing and body movement to guide the circulation of Qi as it moves through and around the body. (B, I, A)

Purple classes are cycling classes

Orange classes are non-cycle membership-included group exercise classes

Blue classes are programs and require registration and an extra fee

Green classes are for Active Older Adult Adults

"B"  
Beginner classes, for all levels

"I"  
Intermediate level classes

"A"  
Advanced classes